

## Claims

What is claimed is:

1. A method for reducing irritation to a plantar fascia within a foot including:
  - supplying a support device, wherein said support device is pre-shaped to match the shape of the foot and said support device is made of a material that is substantially stretch resistant;
  - adhering at least a portion of said support device to the foot using an adhesive;
  - and
  - reducing tension in at least a portion of the plantar fascia, wherein said tension is shared between the plantar fascia and said support device.
2. The method of claim 1 wherein the step of adhering at least a portion of said support device includes:
  - applying said adhesive to the foot; and
  - pressing said support device against said adhesive.
3. The method of claim 1 wherein the step of adhering at a least a portion of said support device includes:
  - applying said adhesive to the support device; and
  - pressing said support device against the foot.

4. The method of claim 1 wherein the step of adhering at least a portion of said support device includes adhering a foot sole support to at least a portion of a sole of the foot, wherein said foot sole support is pre-shaped to match the sole of the foot.
5. The method of claim 4 wherein the step of adhering at least a portion of said support device includes wrapping a toe strap over at least a portion of a toe of the foot, wherein said toe strap is attached to said foot sole support.
6. The method of claim 4 wherein the step of adhering at least a portion of said support device includes wrapping an arch strap over an arch of the foot, wherein said arch strap is attached to said foot sole support.
7. The method of claim 4 wherein the step of adhering at least a portion of said support device includes adhering a heel strap to at least a portion of a heel of the foot, wherein said heel strap is attached to said foot sole support.
8. The method of claim 4 wherein the step of adhering at least a portion of said support device includes wrapping a front strap laterally across the foot near a ball of the foot, wherein said front strap is attached to said foot sole support.
9. The method of claim 1 including:

removing a protective cover from said support device, wherein said protective cover is removably adhered to said adhesive.

10. The method of claim 1 wherein said support device includes indicia that indicate the order in which portions of said support device are attached to the foot.

11. The method of claim 4 including:

transporting moisture from a surface of the foot positioned between said foot sole support and the foot,

wherein at least a portion of said foot sole support is made of a permeable material and the moisture is transported through said permeable material.

12. A system for reducing irritation to a plantar fascia within a foot including:

a support device affixed to a foot, wherein said support device is pre-shaped to match the shape of the foot and said support device is made of a material that is substantially stretch resistant; and

an adhesive, wherein said adhesive affixes at least a portion of said support device to the foot.

13. The system of claim 12 wherein said support device includes a foot sole support affixed to at least a portion of a sole of the foot, wherein said foot sole support is pre-shaped to match the sole of the foot.

14. The system of claim 13 wherein said support device includes a toe strap wrapped around at least a portion of a toe of the foot, wherein said toe strap is attached to said foot sole support .

15. The system of claim 13 wherein said support device includes an arch strap wrapped over an arch of the foot, wherein said arch strap is attached to said foot sole support.

16. The system of claim 13 wherein said support device includes a heel strap adhered to at least a portion of a heel of the foot, wherein said heel strap is attached to said foot sole support.

17. The system of claim 13 wherein said support device includes a front strap wrapped laterally across the foot near a ball of the foot, wherein said front strap is attached to said foot sole support.

18. The system of claim 12 wherein said support device includes at least one removable protective cover, wherein said at least one removable protective cover is removably adhered to said adhesive.

19. The system of claim 12 wherein said support device includes indicia that indicate the order in which portions of said support device are to be attached to the foot.

20. The system of claim 12 wherein said support device is made of a permeable material that allows moisture to move from the surface of the foot through said permeable material.